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Ibogaine?

Important information for those thinking of taking ibogaine

With ibogaine treatment now more available than ever before, in an ever-widening range of settings, more and more knowledge about the drug is gathering. At the time of writing, March 2007, one thing that is becoming increasingly clear is that there is a reasonable degree of risk associated with taking the drug. At least 12 people are recorded as having died in connection with taking ibogaine or other iboga substances over the last decade or so, and there is reason to believe that the number may be higher, with other deaths having occurred in non-clinical settings and without being recorded.

Here is some safety-related information about the drug:

- **There is an inherent level of risk with ibogaine treatment.** Twelve people are known to have died in connection with taking ibogaine or other iboga alkaloids. In actuality, the figure is likely higher, given that ibogaine is frequently administered in surroundings where people may be reluctant to contact the authorities in the event of something going wrong. **Statistically, a ballpark figure for deaths during treatment is probably of the order of 1 in 300.** (This is based on 12 recorded deaths having occurred within 3611 recorded treatments, outside of Africa, as of March 2007). The following factors have been identified as having caused death:

- having a pre-existing heart condition, sometimes one not detectable by EKG
- using opiates when on ibogaine, or shortly afterwards
- using the rootbark or iboga extract. Ibogaine HCl is statistically much safer
- taking ibogaine outside of a clinical facility. Persons taking ibogaine need **constant supervision** and, ideally, online heart monitoring

- **Ibogaine is principally recognised for its ability to vastly reduce the symptoms of drug withdrawal**, thus allowing addicts to detox relatively painlessly. Any other claims made for the drug, such as that it creates long-term drug-abstinence, or removes the effects of trauma or conditioning in either addicts or non-addicts, may have a degree of truth but are a great deal less substantiated.

- **You must be medically tested before you take ibogaine.** Proper clinical testing of heart and liver function are the absolute minimum. The site author is not aware of any reputable treatment provider who would allow you to take ibogaine without prior medical testing. Do not go with someone who does not insist on it. Ideally, you should have constant monitoring of heart function whilst on the drug, and medically-trained staff present.

- **Beware of listening excessively to the advice of just one individual** when deciding whether or not to take ibogaine. Ibogaine's effects can be life-changing, and it is common for someone who has had a very positive experience to do their utmost to "spread the message," possibly allowing their enthusiasm to override the very real concerns about safety.

- **If you are thinking of taking ibogaine for personal development** and haven't yet been involved in proper therapy (therapy where there's an open admission by the individual of the presence of emotional issues), be aware that you may be being attracted to a "quick fix" strategy that avoids really dealing with deeper issues. If this is the case, ibogaine could possibly make things worse. For some, using psychoactive substances can invoke disturbing reactions as the mind's defences struggle to keep down rising repressed material. Drugs like ibogaine, ketamine, LSD and MDMA (Ecstasy), have been used in the past by therapists, but only as one component of an overall therapeutic strategy. Using the drug out of this context could cause more harm than good.

All the above said, ibogaine still potentially represents a major medical breakthrough, especially in the field of treating drug dependency.

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